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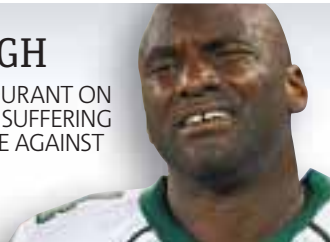
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THAT'S ROUGH

RIDERS' QB DARIAN DURANT ON THE SIDELINES AFTER SUFFERING INJURY DURING GAME AGAINST THE ARGOS
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'Photo laser' enforcement takes off

'Not a cash grab.'
Could be expanded to cities and school zones, provincial government says



ROSS
ROMANIUK
Metro in Regina

Saskatchewan's high-tech traffic speed enforcement kicked into gear on Monday, with the official startup of photo radar in highway work zones.

Call it a "photo laser" system, those involved with the technology clarified while demonstrating one of the hand-held units on Highway 10 northeast of Regina.

But MLA Darryl Hickie, chairman of a provincial traffic safety committee, stressed that it shouldn't be described as a

way to drum up revenue.

"This is not a cash grab," he said. "Our only goal here is to motivate drivers to obey the law. If we don't collect one single dime of revenue from this initiative, we're fine with that."

Hickie did not estimate what the few DragonCam Photo Laser units — to be used by staff with the Corps of Commissioners on what he called a random basis provincewide — will bring the government through the multi-year deal with contractor ACS Public Sector Solutions.

He insisted it's a "deterrent" aimed only at slowing down drivers following last summer's death of Ashley Richards, who was fatally struck by a vehicle while working with a road crew in rural Saskatchewan.

The \$1.6 million that the provincial government is paying Edmonton-based ACS in the contract, Hickie said, is "good

money spent to prevent injuries and deaths in work zones."

Though the photograph system is currently legislated for use only in rural road construction areas, Hickie pointed out that some municipal officials have called for its expansion to enforce speeds in school zones.

"I can tell you right now that the committee is considering that as a recommendation."

This comes as no surprise to Todd Dube, a Winnipeg advocate against what he charges are photo-radar abuses to raise revenue.

"That's how they came into Winnipeg. That's how they get their foot in the door," Dube said recently.

"They get it open a crack, and then they expand it to schools. When they find an area that's deficient in signing, that's what they focus on," he alleged. "That's how they pick their spots, pure and simple."



Greg McKinnon of the Corps of Commissioners points a "photo laser" monitor at traffic in a road construction zone on Highway 10 northeast of Regina on Monday, as the enforcement system took effect. ROSS ROMANIUK/METRO

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First degree

Two charged in city's second homicide of 2013

Two men from Young, Sask., have been arrested in the city's second homicide of 2013.

Robert Jaymz McCamon, 18, and Kyle Jonathan Scott, 19, have been charged with first-degree murder in the

death of 25-year-old A.J. Holdner and both men made their first court appearance on Monday afternoon.

Police say at roughly 11:55 p.m. on July 11 officers stopped to check a vehicle that had broken down on Circle Drive north-bound just south of 11th Street West.

The 1998, black coloured Ford extended cab had lost its rear driver's side wheel

and was left parked on the side of the road.

Holdner, who had recently moved to Saskatoon from Young, Sask. was found deceased in the vehicle.

The two men were arrested without incident in the area of Preston Crossing at about 7:30 p.m. on Sunday. Both have remanded until their next court appearance scheduled for July 31. **METRO**

Weekend death

Saskatoon man arrested in connection with Emma Lake death

A 31-year-old Saskatoon man has been arrested in connection with the sudden death of his relative this past weekend in Emma Lake, Sask.

RCMP found the body of a 64-year-old Saskatoon man

on Sunday afternoon at a residence in the small community about 50 kilometres north of Prince Albert.

The suspect was at the home and was arrested, according to police. No charges had yet been laid.

An RCMP major crime unit, based in Saskatoon, will lead the investigation with support from other units as well as detachment members from the Prince Albert area.

METRO

Severe weather season in full swing in Saskatchewan

'In the middle of it'

Experts advise public to pay attention to watches, warnings

Saskatchewan's severe weather season is in full swing, after southeast parts of the province were pelted by massive hailstones this past weekend and tornado watches were in effect for a number of urban centres on Monday.

John Paul Cragg, a warning preparedness meteorologist with Environment Canada, said conditions have been ideal for producing extreme weather.

"Such a large area of tornado watches is not terribly common, (but) this was a really good set-up for severe weather and that's why there are so many tornado watches out now," Cragg said on Monday.

However, he noted it's important to know the difference between a watch and a warning. A watch means there's potential for a development of severe weather, while a warning indicates severe weather is happening.

"This is the middle of severe weather season," said Cragg. "Severe weather season is mid-

Severe weather safety**Shelter from the storm**

John Paul Cragg with Environment Canada says that if you experience extreme weather, there are steps to take to avoid injuries.

"If it's a hailstorm, you want to get covered as quickly as possible. If you're out and you have no place to go, no cover, you want to protect your head," he said. "For tornadoes, it depends on where you are — but you want to seek shelter immediately."

Cragg said basements are the best places for seeking shelter from tornadoes. But he noted if you're at a residence without a basement, go to an internal room away from windows to avoid flying debris — the most dangerous components of tornadoes.

June to mid-to-late-August, and we're right in the middle of it. So this is the time of year where you can expect to see severe weather in Saskatchewan."

MORGAN MODJESKI/METRO



A tornado touches down southwest of Moose Jaw on June 26, 2012. Environment Canada says Saskatchewan residents should expect extreme weather as the province is in the middle of its severe weather season. THE CANADIAN PRESS/THE WEATHER NETWORK

NASCAR brings high-speed action to Saskatoon



Jason Gervais, president of the Saskatoon Stock Car Racing Association. MORGAN MODJESKI/METRO

Saskatoon, start your engines.

Entering into its fifth year, NASCAR's Canadian Tire Series Velocity Prairie Thunder at Auto Clearing Motor Speedway is expecting to see between 4,000 and 5,000 fans in 2013, and president of the Saskatoon Stock Car Racing Association (SSCRA), Jason Gervais, said the event is becoming a Saskatoon summer staple.

"It's something we've worked really hard on for the last five-years and the attendance has been phenomenal," said Gervais, noting the event brings in roughly \$1 million in economic benefit for the city. "It's been very good for the city, along with the stock car club."

Over the two day event, a total of 500 laps will be driven by some of Canada's premier

stock car drivers.

Gervais said the event is for everyone, not just die-hard fans.

"It's a great opportunity for those who haven't been out to our facility to come and check it out," he said. "Stock car racing is a extremely family orientated sport ... kids grow up at the track, they end up staying at the track and then their kids grow up at the track, so it's

a huge family-orientated sport."

The event runs July 16 and 17, with pro truck, super late model and street stock races on July 16 starting at 7 p.m., with the Velocity Prairie Thunder event taking place on July 17, starting at 7:30 p.m. Single tickets for the event are \$45 while family group tickets, for two adults and two children, are \$99. **MORGAN MODJESKI/METRO**

Watch the Hilltops in all their glory, from start to finish

Rush4Four. Coming season to be subject of new documentary

The Saskatoon Hilltops' quest for a fourth consecutive Canadian Junior Football League title will be the subject of a new documentary by a local film-production company.

The documentary will provide a behind-the-scenes look at the team during the upcoming 2013 season, according to Tom Simes, CEO of Saskatoon-based Five Stones Film.

"This particular documentary — titled Rush4Four — follows them from the very first day of training camp in January all the way to the end of their season," he said.

After briefly profiling the team in an earlier Five Stones film, Simes said he decided to take up the project now so he wouldn't miss the opportunity to capture the team's

long-serving head coach, Tom Sargeant.

"He's had an amazing career as a coach," Simes said. "I love to capture him before he retires (and) how he creates the magic that he creates."

For Sargeant, however, the Hilltops' recent success is a true team effort.

"I am just one of many pieces that make it all work," he said. "It's been a real honour to be around so long."

"Hopefully, I will be around for a few more years."

Sargeant said there are concerns that the cameras may become a distraction for the team and coaching staff.

"It can get a bit inhibiting," he said. "We had a few conversations (with the film crews) to iron a few things out."

"In order to win, you can't have distractions."

The film should be completed by next spring, according to Simes.

MARCO VIGLIOTTI/METRO IN REGINA



The Saskatoon Hilltops, seen here hoisting the Prairie Football Conference title trophy for the third straight year last October, are the subjects of a new behind-the-scenes documentary. MORGAN MODJESKI/METRO FILE

Competing aboriginal meetings reveal split

When the Assembly of First Nations holds its annual meeting in Whitehorse this week, a group of chiefs will hold its own gathering in Saskatchewan that could give rise to a rival aboriginal organization.

The overlapping schedules of the meetings will force many people to choose

between the AFN and the National Treaty Gathering at Onion Lake.

But more than that, the conflicting schedules point to a schism between aboriginal factions that has only widened since this winter's Idle No More protests.

"These are people in the same house who have differ-

ent views on what the future looks like," said Ken Coates, an expert on aboriginal issues at the University of Saskatchewan and the Canada Research Chair in regional innovation.

Coates, who is in Whitehorse for the AFN meeting, described the main differences of opinion between the

two groups.

"You have a group of people who have a different view of how the government relationship with aboriginal people should work, and it's actually a pretty fundamental one," Coates said.

AFN National Chief Shawn Atleo wants to capitalize on aboriginal rights that have

been won through the courts, and focus on economic and social development, he explained.

The treaty group, on the other hand, believes there are many unresolved rights yet to be won and treaty relationships to be asserted.

Some chiefs and First Nations people criticized Atleo

for agreeing to meet Prime Minister Stephen Harper in January as the protest movement took centre stage.

A faction of chiefs wanted the Harper meeting to take place on their terms and on their turf. They boycotted the meeting and protested in the streets outside the Prime Minister's Office. **THE CANADIAN PRESS**



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Labelling concerns

'Broad spectrum' sunscreen carries broad definition

Some may think that when they grab a bottle of "broad spectrum" sunscreen, they are protected from these rays, but Health Canada labelling hasn't yet caught up with new U.S. regulations.

The 2012 U.S. labelling rule calls for UVA protection in all "broad spectrum" products. Health Canada is considering similar regulations. **GRAHAM LANKTREE/METRO IN OTTAWA**

Charity drive

Woman dies in Channel swim

British officials say a woman has died while trying to swim the English Channel as part of a charity drive. A Facebook page set up to promote her swim said Susan Taylor collapsed on Sunday in the water and was airlifted to a French hospital, where she died. **THE ASSOCIATED PRESS**

Manitoba flood

Evacuees' hotel to close after owner says cash denied

A Manitoba hotel is being forced to close and evict dozens of 2011 flood evacuees over \$3 million in unpaid bills.

The Manitoba Association of Native Firefighters has been given millions to care for evacuees, but Mike Bruneau, owner of Misty Lake Lodge, said the group hasn't paid him since he accused it of squandering money months ago.

THE CANADIAN PRESS

Nine months old

Baby left alone in sweltering car

Police say a group of angry people confronted the father of an infant girl who was left in a hot car parked in Oakville, west of Toronto.

Authorities say the nine-month-old was left unattended in a parking lot for about 10 to 15 minutes on Sunday.

Police say the baby was seen crying and sweating profusely but is OK.

THE CANADIAN PRESS

And the lawsuits begin

Lac-Mégantic disaster. Mourner, café owner set for first class-action

A motion to file a class-action lawsuit has been registered by two Lac-Mégantic residents in the opening volley of what could be a years-long, multimillion-dollar legal battle.

It comes just over a week after a deadly train derailment that has already prompted various investigations, including a criminal probe.

The motion was filed Monday by two men who want to sue the owners of the train that killed an estimated 50 people.

One of them is Yannick Gagné, who owned the Musi-Café bar where many people died in the tragedy; the other is Guy Ouellet, whose partner of five years, Diane Bizier, lost her life in the blaze. Three of Gagné's employees also died.

Even the lead lawyer on the case was affected by the blast, which destroyed his office.

The defendants are the

Montreal, Maine & Atlantic railway (MMA), company chairman Edward Burkhardt, president Robert Grindrod and train operator Tom Harding.

No financial sum was mentioned in court documents, but lawyers predict the case could involve more than \$10 million.

The suit seeks damages for people who lost loved ones, for those who were injured and for property and business losses.

Barely a week after the tragedy, law firms have swiftly lined up to get a piece of the potentially lucrative action.

Lawsuits could be filed in Quebec, Maine — the headquarters of MMA — or even Illinois, where the company's parent company is located.

One Chicago firm that specializes in transportation disasters says plaintiffs could stand to gain millions by taking the company to court in the U.S.

"I think the best way to phrase it is that Illinois does not have limits on wrongful-death damages," said Bradley Cosgrove, a partner at Clifford Law Offices. **THE CANADIAN PRESS**



A fireman drives by a charred car on Monday at the site of the train-crash explosion in Lac-Mégantic, Que., that killed an estimated 50 people. A class-action lawsuit motion has been filed just over a week since the incident. **JACQUES BOISSINOT/THE CANADIAN PRESS**

Halgionians won't stand for Chris Brown concert

The promoter of an upcoming Energy Rush concert at Alderney Landing in Dartmouth, N.S., says he is "not ashamed" for naming Chris Brown as headliner, despite a recent backlash in the area.

Stephen Tobin, owner of Drop Entertainment Group, said Monday he was expecting some controversy but wasn't prepared for the vitriol.

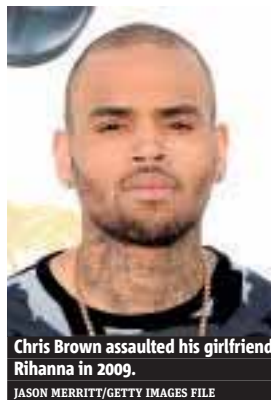
"Make no mistake about it, we are not condoning Chris Brown's past behaviour," Tobin said of the R&B singer, who assaulted girlfriend Rihanna in 2009.

"People are educated and wise enough to make their own decision, and if somebody does not support the artist they can show that dissatisfaction ... by simply not buying a ticket."

Over the weekend, Brown was announced as the headliner of the Aug. 31 show, and some Halgionians voiced their disapproval on social media.

Mayor Mike Savage and the Avalon Sexual Assault Centre also said Monday that they are disappointed Brown will be performing in Dartmouth.

Since the announcement, Rogers and Molson Coors have pulled their Energy Rush sponsorship, but Tobin said that will



Chris Brown assaulted his girlfriend Rihanna in 2009. **JASON MERRITT/GETTY IMAGES FILE**

have "no impact."

"We're now five years beyond this," Tobin said, referring to the assault. "He's trying to move on. I think we're sending a message that if somebody makes a mistake, you will never be forgiven."

The controversy came as a judge in Los Angeles revoked Brown's probation on Monday after reviewing details of an alleged hit-and-run accident in May. But Brown, who has not entered a plea in that case, was allowed to remain free on his own recognizance.

HALEY RYAN/METRO IN HALIFAX, WITH FILES FROM THE CANADIAN PRESS

Hosting a fund-rager

Unrest also stirring in Winnipeg

Stephen Tobin said other cities, including Winnipeg, have been "nothing short of electric and overwhelmingly positive" of Brown's pending arrival.

However, the woman behind a Winnipeg fundraiser for victims of domestic violence — not coincidentally being held the same night Chris Brown plays the city on Aug. 29 — is taking exception to those comments.

"The guy's a thug," said Susie Parker, who immediately began planning a fundraiser for the women's shelter Osborne House last Friday when she heard of the show.

"Let's give our money to ... where it's really needed instead of (in)to his hands, the hands that he uses to hit women."

SHANE GIBSON/METRO IN WINNIPEG

Elliot Lake. Mall nearly lost mortgage over grave disrepair, inquiry hears

Water damage at the Algo Centre Mall in Elliot Lake, Ont., was so severe the bank threatened to pull the mortgage years before it collapsed, an inquiry heard Monday.

The threat sent the Nazarian family, who owned the mall, on a frantic scramble to forestall the default, but the needed repairs were never made.

"We were in desperate need of funds to fix the roof," testified Levon Nazarian, who worked alongside his father.

In the summer of 2008, the Royal Bank noted an inspection had revealed it would cost \$3 million to make the repairs.

The inspection found "marked deterioration," severe leaking and extensive damage.

In an effort to head off the bank, the Nazarians signed a deal with a purported contract-

or, who aimed to borrow \$1.7 million to carry out the repairs.

Commission lawyer Peter Doody was incredulous.

"So the company that was going to do the work was going to borrow the money to pay it itself?" Doody said.

The contract was forwarded to the bank as evidence the repairs were being done but it was never executed.

Nazarian, 29, also said it was at his request that an engineer changed an inspection report done just weeks before the fatal collapse last year.

He said he wanted to make it "more presentable" but denied the "irrelevant" changes — removing reference to "ongoing" leaking and photos showing severe rusting — were intended to mislead.

THE CANADIAN PRESS



Bob Nazarian, left, owner of the ill-fated Algo Centre Mall in Elliot Lake, with his son Levon at the inquiry. **COLIN PERKEL/THE CANADIAN PRESS**

Tories do the shake and shuffle

Prime Minister Stephen Harper gave his cabinet its biggest shakeup since his Conservative government first came to power. Here's 3 things to know:

Half of new faces are women

Eight new faces joined the cabinet, including four women. Shelly Glover, a Manitoba MP, comes aboard as heritage minister; Alberta MP Michelle Rempel, pictured, has been named minister of state for western economic diversification; Ontario MP Kellie Leitch is taking on the labour portfolio; and Manitoba MP Candice Bergen was named minister of state for social development. "To the young women of this country, we can make it in #cdnpoli. Run for office," Rempel tweeted soon after her promotion was announced.



MacKay, left, Rempel and Flaherty

The money won't change hands

Finance Minister Jim Flaherty, Foreign Affairs Minister John Baird and International Trade Minister Ed Fast held on to their key economic portfolios. But a few high-profile ministers did change jobs: Peter MacKay — who flubbed the oath, and needed his glasses — is now the justice minister, and Rob Nicholson the defence minister; and Jason Kenney moved to human resources and skills development.

#shuffle13 is not a playlist

The news came out via Harper's official Twitter account in advance of a formal announcement about the cabinet shuffle. @JustinTrudeau also took to Twitter to voice his feelings on the cabinet shuffle: "The only Minister with any power in this Cabinet is the Prime Minister. Today's shuffle does nothing to change that." ... And now-former junior transport minister @stevenjfletcher voiced his disappointment: "I am Conservative. I am a traditionalist. I wish I left Cabinet in the traditional way — with a sex scandal!"



THE CANADIAN PRESS/TORSTAR NEWS SERVICE

Nude-pics hearing

Sexy details at inquiry could ruin judge's career: Ruling

A Federal Court justice has ruled that a disciplinary hearing into the conduct of a Manitoba judge whose nude photos ended up on the Internet could cause "irreparable harm" unless it is put on hold.

The Canadian Judicial Council hearing into Queen's Bench Justice Lori Douglas has dragged on for three years and was supposed to resume this summer. Justice Judith Snider said salacious details about the case could arise at the inquiry and damage the judge's reputation unless the hearing is put on hold pending a judicial review.

"The applicant has demonstrated that irreparable harm to her personal and professional reputation will result if the court declines to grant a stay," Snider wrote in a ruling released late Friday.

THE CANADIAN PRESS

'Served his time'

Canadian with alleged al-Qaida ties to leave Mauritania

A 24-year-old Canadian man is to be released from a Mauritanian jail after being sentenced to 18 months in prison and a \$2,000 fine for alleged ties to al-Qaida's North African branch, known as al-Qaida in the Islamic Maghreb, officials said.

The Mauritanian appeals court decided Sunday to free Canadian national Aaron Yoon, the same day as his sentencing, because he has already been imprisoned for the duration of his sentence, prosecutor Ahmed Ould Abdalla told The Associated Press.

"The court has decided to free the Canadian, Yoon, because he has already served his time. He will be expelled from Mauritania immediately," said Abdalla. Yoon was first arrested in December of 2011. THE ASSOCIATED PRESS

Post-flood birth. Calgary penguins start a family

The Calgary Zoo announced the successful hatching of their first gentoo penguin chick since the opening of the Penguin Plunge in 2012.

The egg was first laid May 31 by two-year-old Giselle and eventually hatched July 7 just after 1 p.m.

"This is such a wonderful announcement to be able to make in the face of current challenges the zoo is dealing with from the flood," said Malu Celli, curator for the Penguin Plunge. "It shows the resiliency of nature and that life continues in spite of those difficulties."

New parents Giselle and 18-year-old gentoo Lachlan were single birds when they arrived at the zoo more than a year ago, but paired up over the winter. The couple and the chick have been monitored closely by zoo staff since the chick was hatched last week.

METRO IN CALGARY



The egg was first laid May 31 by two-year-old Giselle. CALGARY ZOO/FACEBOOK.COM

Thailand. University sorry for students' mural of Hitler with superheroes

Thailand's premier university has apologized for displaying a billboard that showed Adolf Hitler alongside Superman and other superheroes, saying Monday it was painted by ignorant students who didn't realize Hitler's image would offend anyone.

The huge billboard was placed outside the art faculty of Chulalongkorn University as part of a tribute to this year's graduating class.

It said "Congratulations" in bold white letters and showed Hitler with his arm raised in a Nazi salute next to Batman, Captain America, the Incredible Hulk and Iron Man.

"(We) would like to formally express our sincere apology for our students' 'Superhero' mural," art school dean Suppakorn Dis-

atapundhu said in a statement issued Monday. "I can assure you we are taking this matter very seriously."

The billboard was up for two days before being removed Saturday in response to criticism. Online photographs showed graduating students in their robes, mimicking Hitler's raised-arm salute.

The artistic vision behind the picture was to show that good and bad people co-exist in the world, Suppakorn said after speaking with the students.

The study of history in the Thai school system revolves primarily around the history of Thailand and its long line of kings. World history is glossed over, with little or no mention of the Holocaust.

THE ASSOCIATED PRESS



A student poses in front of a superhero-themed banner that included Adolf Hitler at the Chulalongkorn University in Thailand. COURTESY SIMON WIESENTHAL CENTER

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Pharmacy wars heat up as Loblaw buys Shoppers

What, no Optimum Points? \$12.4-billion deal raises stakes as Loblaw follows on the heels of Sobeys, which picked up 199 in-store pharmacies last month

Two of Canada's biggest retailers have struck an agreement to combine their operations, with Loblaw Companies Ltd. buying Shoppers Drug Mart Corp. for \$12.4 billion in cash and stock.

The acquisition will keep Shoppers' brand name in place and allow it to operate as a separate division of Loblaw, the companies said on Monday.



Galen Weston, executive chairman of Loblaw, holds his son Graydon after a press conference in Toronto on Monday. MICHELLE SIU/THE CANADIAN PRESS

But, it also raises questions about the next major deal in Canada's hotly pursued pharmacy retailer sector.

Last month, fellow grocer Sobeys picked up the Canadian assets of grocer Safeway for \$5.8 billion in a deal that included 199 in-store pharmacies.

"With today's transforma-

tional partnership between Loblaw and Shoppers Drug Mart, we are changing the retail landscape in Canada," Galen Weston, executive chairman of Loblaw, said Monday.

"I've long believed that becoming a Canadian health and wellness, and nutrition, champion represented the most powerful next chapter for Loblaw."

Loblaw is offering \$33.18 in cash plus about six-tenths of a Loblaw share for each Shoppers Drug Mart common share. The proposal was valued at \$61.54 per Shoppers Drug Mart common share based on Loblaw's share price before it was announced, more than a 29 per cent premium on Shoppers' average trading price.

THE CANADIAN PRESS

They're back, baby!

Twinkies' defence: Previous company downsized cakes

Twinkies are back, but they may be a bit smaller than you remember.

The new boxes hitting shelves this week list the spongy yellow cakes as having 270 calories and a weight of 77 grams for two cakes, or 135 calories and 38.5 grams for one cake.

Right before it went out of business, the predecessor company had told The Associated Press that Twinkies were 150 calories per cake.

A spokeswoman for Hostess said in an email that the size change was made in "mid-2012" by the predecessor company.

THE ASSOCIATED PRESS



The spongy yellow cakes return. MATT ROURKE/THE ASSOCIATED PRESS

Asiana. Airline to sue TV station over use of racist fake names of pilots

Reputation

Asiana will not to sue the NTSB because it said it was the TV report that damaged the airline's reputation.

Asiana announced Monday that it will sue a San Francisco TV station that it said damaged the airline's reputation by using bogus and racially offensive names for four pilots on a plane that crashed earlier this month in San Francisco.

An anchor for KTVU-TV read the names on the air Friday and then apologized after a break. The report was accompanied by a graphic with the phoney names listed alongside a photo of the burned-out plane that had crashed at San Francisco International Airport on July 6, killing three and injuring

dozens.

Video of the report has spread widely across the Internet since it was broadcast.

The National Transportation Safety Board apologized, saying a summer intern erroneously confirmed the names of the flight crew. THE ASSOCIATED PRESS

Market Minute

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NOT ALL RIGHT TO WEAR WHITE

I've witnessed my fair share of wedding faux pas over the years — drunken speeches, lewd dance-floor moves, annoying iPhone ringers that erupt in the middle of the "I do." But of all the questionable things I've seen, none of these blunders are as appallingly premeditated as when a woman who isn't the bride shows up to the wedding in a long white dress.

You don't have to be an Emily Post devotee to be familiar with this established piece of etiquette and yet, without fail, there always seems to be at least one guest at every wedding who has the audacity to arrive in her showiest, whitest evening gown. At the last wedding I attended, there were no fewer than three women wearing floor-length frocks in various shades of virginal white. Who are these women and what is running through their



SHE SAYS
Jessica Napier
metronews.ca

brains when they decide to slip into a dramatic dress for someone else's nuptials?

Having a bit too much to drink at the open bar might be frowned upon, but deliberately competing for attention with the bride is unforgivable. It's not just taboo, it's a calculated effort to draw attention to yourself and with every colour of the rainbow at your disposal, there's really no excuse.

I don't care how smoking hot you look or how well it shows off your tan — wearing head-to-toe white to someone else's wedding is a sign of disrespect and is bound to raise some eyebrows.

Yes, I know these events should be about two people showcasing their love and commitment to one another and they shouldn't really be about the outfits, but come on, ladies. There are plenty of occasions that demand a white dress code — croquet matches,

lawn-bowling competitions, cotillion balls — so save your colourless finery for another time.

Brides put months of work into their big day while most guests are simply expected to bring along an envelope of cash or a kitchen appliance in exchange for a free meal. Given the amount of time and effort a bride puts into finding her ideal gown, it's not too much to ask that female guests opt for colourful cocktail dresses and let her be the only one in white.

There are extenuating circumstances, of course. Pippa Middleton's show-stealing white dress at her sister's wedding was the result of an old British superstition that advises bridesmaids wear white to ward off evil spirits. And I'm sure no one said no to Jay-Z and Beyoncé when the couple asked their guests to wear white to their wedding in 2008.

Otherwise, guests should assume that all shades of cream, ivory and eggshell are off-limits.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Baby watch is a royal bore



CHRIS JACKSON/GETTY IMAGES

It's a camp-out at St. Mary's Hospital

Members of the world media are seen taking a break outside the Lindo wing of St. Mary's Hospital as the U.K. prepares for the birth of the first child of the Duke and Duchess of Cambridge.

Some journalists have been set up outside the hospital since July 1 awaiting the birth of the third heir to the throne. **METRO WORLD NEWS**

Thirst for news grows

"When Di went into hospital the photographers set up their ladders, there were around 200 of them.... But that was only when she went into hospital."

Ingrid Seward, editor of Majesty magazine and royal biographer, comparing this media frenzy to that during Prince William's birth. Another speculator, royal author Phil Dampier, said, "I've never known anything like it in my 28 years reporting on the royals."

Twitter

Even before the palace announces the birth by bulletin and tweet, Twits were talking about it:

@piersmorgan: Things I'm very glad I've never had to do: "Royal baby watch".

@rblandford: Royal baby still not released as it has not yet reached its target on Kickstarter.

@AshleyBoorman: Come on Kate! Push the baby out in the morning. Give me a bank holiday on my birthday #RoyalBaby



A disappointing day

July 13

The supposed due date — July 13 — has come and gone. Royal commentators are complaining that the lack of information coming from the palace has called everyone to panic stations. The palace only said that the date would be sometime this month. Given the media circus that has surrounded the royal baby from the beginning, including gifts of knitted kangaroos and a deluge of dead-end tidbits from unnamed and arguably non-existent "sources," it is perhaps not so surprising that Britain's enthusiasm is beginning to flag.

Time out. Moms helping moms take a break

News worth sharing

Time Out For Moms recognizes that moms have a never-ending job.

The charity group aims to provide a support system and spiritual growth for mothers, while providing care for their children.

"While the content is Catholic, mothers of different faiths are welcome," says Naomi Charles, secretary for TOFM.

"As a community of mothers, we support each other through our friendships."

With up to 80 children — infants, toddlers and preschoolers — in their care, collectively, the group is con-

stantly looking for volunteer caregivers, and coordinators for their children's programs.

This year, TOFM is hosting a combination garage/bake sale to raise funds for their programs. The garage/bake sale takes place on July 19 (4 p.m. to 8 p.m.) and July 20 (8 a.m. to 4 p.m.) at 218 Mount Allison Cres., with everything from furniture to clothes, toys and books on sale.

CRAIG AND MARC KIELBURGER

Craig and Marc Kielburger are founders of the international charity and educational partner Free The Children. Send your stories to goodnews@metowe.com and we'll share them right here.

Twitter



A new study from Ohio State University says smokers cost employers \$3,000 a year per employee in lost productivity. @metropicks asked: Should it be docked from their pay?

@plussizepanda: of course it should. I don't leave my office ever half hour for 10 minutes at a time!

@AlanSimpson: Maybe something more proactive? Smoking cessation options, smoking on company time guidelines, etc...would all be more effective.

@blinner56: and what's worse is if you're a non-smoker you don't get as many breaks as a smoker does.

@BourbonShot: is it not law that you get a 15 min break every 4 hours, smoker or not? Abide by that. Boom, done. Next question.

@ksawka: it's an addiction right? What if we gave alcoholics paid breaks to sneak out back for a swig from the bottle?

@TP_TV: These are called work breaks whether ppl smoke drink coffee or take a walk they are entitled to them as employees

@Jonny_EP3: as a smoker, I take the 3 breaks I am provided by my employer, just like any other employee here.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: saskatoonletters@metronews.ca



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DVD reviews



Evil Dead

Director. Fede Alvarez

Stars. Jane Levy, Shiloh Fernandez, Lou Taylor Pucci

The really scary thing about Fede Alvarez's *Evil Dead* is its failure to shock. Are we now completely desensitized to movie horror? Arriving 32 years after Sam Raimi's *The Evil Dead* shotgunned cabin terror into indie legend, the social gulf between the two films couldn't be wider. The 1981 original parlayed geek savvy, improvised gross-out effects and inspired camera work (that swooping evil POV) into a splatterfest that appalled and delighted its Reagan-era audience. It was novel because it was so eager to go for broke. The remake misfires because it's content to play it safe, in the process losing more than just the "The" from the title. Granted, it has all the mutilation, decapitation, dismemberment, sawing, shooting, roasting, nailing, puking, burying, buzz-sawing and screaming you'd expect from an *Evil Dead* movie — and consider this fair warning for anyone not already versed in franchise lore. It's precisely because you expect all these things that *Evil Dead* inspires more tedium than terror. Extras include a director/commentary and making-of featurettes.

PETER HOWELL

Michael Cera, 25, stars in *Crystal Fairy*, where he plays a self-serving jerk. THE ASSOCIATED PRESS

No more Mr. Nice Guy

Crystal Fairy. Michael Cera's new character is a far cry from innocent little George Michael Bluth

MATT PRIGGE

Metro World News in New York

Before discussing his new microbudgeted film, *Crystal Fairy*, Michael Cera gushes about the films of John Cassavetes. He cites *Opening Night*, starring Gena Rowlands as an unhinged stage actress, as his favourite. But he didn't come around to *Husbands* — the filmmaker/actor's seething look at three friends' joint bender — right away. "The first time

I watched it I felt like I was watching an acting class — actors flexing their muscles. But now I really love it."

That said, if Cera, now 25, wants to be taken more seriously as a thespian — or even shed his nice guy George Michael Bluth image — he's not being open about it. When asked about hunting for edgier fare — like *Crystal Fairy*, in which he's an Ugly American on a drug trip — his answer is quiet and modest. "I was just trying to find people to collaborate with who had similar sensibilities," he says. "It's one of the great things about being involved in this business, that you can meet people who are so talented, whose stuff you admire, who you can potentially work with."

After seeing *The Maid*, a hilariously neurotic Argentine dramedy about a grumpy

housekeeper, he reached out to its director, Sebastian Silva. The two wound up collaborating on two movies. When the first, *Magic Magic* about a woman's (Juno Temple) descent into madness, ran into budget problems, they ran off to make the tiny *Crystal Fairy* in 12 days. There wasn't a script, but there was a treatment. Everything was planned but the dialogue, which Silva would sometimes feed his actors — also including Gaby Hoffmann as the titular hippie — before takes.

Cera briefly played an abrasive cokehead version of himself in *This is the End*, but *Crystal Fairy* finds Cera as a jerk at feature length. "He's pretty self-serving," he explains. "He's incapable of putting himself in other people's shoes. He's so stuck in his head and his own agenda. In terms

I like the cut of your job

"I really like the way Michael looks. I'm really into how people look. His is such a versatile face. I feel it could be anything. I don't think I could ever work with, like, Ryan Gosling. Not that I don't like his acting, but I'm not intrigued by his looks."

of playing him, though, it's so much fun. You'll pretend to be nice to someone when you're just manipulating them, or just be outright rude to them."

That's a different persona for him, and a different way of working. "We'd just run the camera and film the scene, so you could really immerse yourself in that feeling," Cera says.

Getting social. How not to be an online dummy

It's fitting that Aliza Sherman and Danielle Smith first connected in an online space. Sherman, an established author and digital marketing consultant, finally had the chance to meet Smith, a longtime television reporter, at a blogging conference in 2010. That in-person connection manifested itself in the form of the duo's first joint effort, a guide to balancing work and motherhood — *Mom: Incorporated*. Sherman and

Smith have reunited to mark the launch of their new book: *Social Media Engagement for Dummies*.

What advice do you give to people who want to develop their personal brand on social media?

Smith: One of the things I love about the book is, true to the "dummies" format, it's broken down into digestible sections about the theories and then

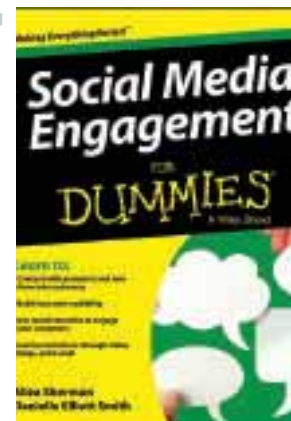
we go into the individual platforms. Each of those individual platforms has access and community building opportunities. We hope that we made it very accessible for people.

What are your favourite platforms to use?

Sherman: Personally my favourite is Twitter. I love the speed and brevity of tweeting. As for my clients the most effective platform so far has been

Facebook. As much as I adore Twitter, as a consultant I have to give my clients the right tools for them and Facebook wins hands down because of the ultra connectivity. When somebody interacts with you and your brand through your page it becomes reflected in their activity stream and it compels people to share and suddenly the application of your message is huge.

CHRIS LONGO/MWN





Justin Bieber ALL PHOTOS GETTY IMAGES

The Bieber bus is coming, and everybody's clubbing

Justin Bieber has found an interesting way around his recent trouble with getting into nightclubs in the U.S. due to being under 21. After a gig in Indianapolis, Bieber had his tour bus pull up outside a local nightclub and just had his after-party on the curb, reportedly sending his security detail

into the venue to round up girls to bring back to the bus, according to Popcrush. Guards were seen escorting three women — two blonds and a brunette — onto the tour bus, where the blinds were drawn and the party continued. Bieber never stepped foot off the bus himself.



Cory Monteith

Investigation into Glee star's death sped up

The investigation into the cause of death for Glee star Cory Monteith is being fast-tracked, Vancouver police confirm to TMZ. "Due to the intense public interest, the toxicology will be expedited," a police source says, explaining that the results

should be announced in two or three days. The autopsy began Monday. Monteith was found dead in his room at the Fairmont Pacific Rim Hotel in Vancouver Saturday after missing his check-out time. He was alone and there were reportedly no signs of foul play.

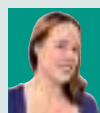
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Jenny's got a View, and I've got one too



THE WORD
Dorothy Robinson
scene@metronews.ca

I've written this column for a long, long, long time, covering celebrities who do stupid and irresponsible things. But there is no one more stupid and more irresponsible than known anti-vac personality Jenny McCarthy, who was just named the new co-host of The View on Monday morning.

"We are delighted that Jenny will be joining us as a permanent co-host on The View starting in September," Barbara Walters said in a statement. "Jenny brings us intelligence as well as warmth and humour. She can be serious and outrageous."

For her part, McCarthy said, "I'm beyond thrilled to be joining Barbara and the other amazing women at the

table. I look forward to helping make hot topics a little bit hotter."

Are those hot topics whether or not you should vaccinate your children? McCarthy has claimed that vaccines cause autism to such mainstream news organizations as Larry King Live and Frontline, and has worked as a spokesperson for various, fringe anti-vaccination groups. There is absolutely no scientific evidence that vaccines — which keep our children from succumbing to terrible diseases — cause autism.

Her stance is extremely dangerous for the well-being of our children and society as a whole. It is my sincere hope that The View explicitly states in her contract that she is not allowed to spew her anti-science lies on broadcast television. Shame on Barbara Walters, a true journalist, for giving this fear-mongering nitwit a microphone. My only hope is that maybe, just maybe, they're drastically changing the format of the show, and Walters and the other View girls will be contestants on a reloaded version of Singled Out.



Justin Timberlake

You take that back, Timberlake!

Justin Timberlake insists he had no idea the name of his new single, Take Back the Night, was also the name of a sexual assault awareness group until the group took issue with his decision. The group, the Take Back the Night Foundation, took issue with Timberlake appropriating their name for a steamy R&B track. "Upon the release of my new single, I was made aware of an organization of the same name called

the Take Back the Night Foundation," Timberlake says in a statement. "Neither my song nor its lyrics have any association with this organization. As I've learned more about the Take Back the Night Foundation, I'm moved by its efforts to stop violence against women, create safe communities and encourage respectful relationships for women — something we all should rally around."

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Get the Wolverine body

Fitness. This summer, Hugh Jackman reprises his role as self-healing mutant Logan in *The Wolverine*. His trainer, David Kingsbury, tells us how he went from skinny to superhero

ROMINA
MCGUINNESS
life@metronews.ca

Hugh Jackman and his personal trainer, David Kingsbury, started getting ready for *The Wolverine* halfway through working on *Les Misérables*, for which Jackman's character, Jean Valjean (a prisoner turned wealthy merchant), had to go from looking scrawny to robust within weeks.

"In the first section of *Les Miz*, Hugh had to be thin. But for the second section, he had to bulk up," Kingsbury tells Metro. "That was actually quite early on, and that gave us an extra couple of months of training dedicated to *The Wolverine*."

Initially, they worked on building up strength and size but in the final stages they had to trim him down.

"That year, Hugh's weight fluctuated by about (44 pounds). By the time shooting for *The Wolverine* began, he'd shed (15 pounds) and gotten his body fat down to six per cent."

Weights + cardio

Becoming Wolverine

required Jackman to train for a total of 11 hours a week. Monday to Friday, he and Kingsbury would do one hour of weights followed by one hour of cardio. On Saturdays, he'd do a one-hour interval session using a gym sled and on Sundays, he'd rest.

Jackman was put on a progressive overload weight-training plan to build up strength on basic lifts like the bench press, squat and deadlift. The point is to increase the weights by about five per cent every four weeks, so that they get progres-

sively heavier, adjusting the reps at the same time. "We'd always train early in the morning, so Hugh would drink a double espresso just before for a boost

in energy and have breakfast straight after he was done with the exercises. We worked both the upper and lower body, doing different movements each day, in order to allow the body to recover. We focused slightly more on increasing the size of his legs, just to make sure he maintained his balance," explains Kingsbury.

They combined weights with a mixture of interval training and steady

state cardio, such as fast-paced walking.

"It would either be low intensity or high intensity, nothing in-between, as the middle ground stuff is the worst for maintaining muscle."

The diet

Jackman's workouts were so intense that he had to eat around 5,000 calories a day for his body to keep up. His diet included lots of protein (eggs, fish, chicken),

Wolverine in numbers

Age. 44

Weight. 198 pounds

Height. Six foot two

Body fat. Six per cent

Calories/day. 5,000

Total hours of workouts / week. 11

Body. 70 per cent diet and 30 per cent training

vegetables (spinach, broccoli), carbs (oatmeal, brown rice, sweet potatoes) and fats (avocado, nuts, peanut butter, olives) but excluded all sugar, including fruit and alcohol.

"He ate protein every day, but to maximize results, we'd cycle his carbohydrates. On weight training days, his first three meals would be carb heavy and the last three would include lots of healthy fats. On non-weight training days (Saturday and Sunday) he would skip the carbs and just have healthy fats," says Kingsbury.

What Hugh Jackman ate to bulk up



Meal 1

A large bowl of oatmeal with cinnamon
Six scrambled eggs with ham and spinach
Two slices of rye bread toasted with peanut butter



Meal 2

Broccoli, a 10-ounce steak, one boiled sweet potato



Meal 3

Two grilled chicken breasts with lemon and herbs, brown rice
Spinach



Meal 4

Grilled salmon
Half an avocado
Broccoli

What Hugh Jackman ate to lose fat

Meal 1

Four poached eggs, smoked salmon, half avocado

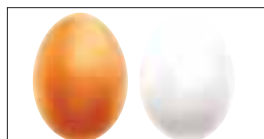


Meal 2

Grilled chicken breast
Spinach, half avocado

Meal 3

Grilled chicken breast
One tbsp of hummus
Broccoli



Meal 4

Seven eggs (four whites, three whole) scrambled with lean ham, spinach

You say potato, I say cake

1. Heat oven to 180 C (350 F). Lightly grease a 33-by-23-cm (13-by-9-inch) baking pan and dust with cocoa powder. Remove excess cocoa powder and set aside.

2. In a bowl, whisk water into mashed potatoes until mixture is smooth.

Ingredients

- 250 ml (1 cup) mashed hot Yukon Gold potatoes
- 250 ml (1 cup) lukewarm water
- 150 ml (2/3 cup) butter, softened
- 500 ml (2 cups) brown sugar
- 5 ml (1 tsp) vanilla extract
- 4 eggs
- 500 ml (2 cups) all-purpose flour
- 175 ml (3/4 cup) cocoa, plus extra for dusting pan
- 11 ml (2 1/4 tsp) baking powder
- 2 ml (1/2 tsp) baking soda
- Pinch salt
- 175 ml (3/4 cup) semi-sweet chocolate chips
- Icing sugar or icing (optional)

Potato Chocolate Cake



This recipe serves 12 to 16. THE CANADIAN PRESS H/O

3. In a separate large bowl and using an electric mixer, beat butter, brown sugar and vanilla for 4 to 5 minutes until light.

4. Add 2 eggs and mix until blended, scraping down sides of bowl; add remaining eggs and potato mixture, and mix until blended.

5. In another bowl, sift flour, cocoa, baking powder, baking soda and salt; stir to combine.

6. At low speed, alternate adding sifted dry ingredients with potato mixture until incorporated. Fold in chocolate chips.

7. Place batter in prepared pan;

smooth out top. Bake for 30 minutes or until cake springs back when pressed lightly and begins to pull away from the sides of the pan.

8. Let cool in pan on a rack. Sift icing sugar over cake or spread with icing. THE CANADIAN PRESS/ PRINCE EDWARD ISLAND POTATO BOARD

Bacon mayo: Game changer for a classic summer salad

Bacon Mayo

1. In a large skillet over medium-high heat, fry the bacon until crisp. You likely will need to work in batches. As the bacon is fried, transfer it to a paper towel-lined plate. Pour the bacon fat from the pan into a 2-cup liquid measuring cup. Check the volume. If you don't have 1 1/3 cups, top it off with canola oil.

2. Use a rolling pin or meat mallet to crush enough of the bacon to make 1/2 cup of fine bacon bits. Reserve the additional bacon for use as garnish on potato salad.

3. In a medium bowl, whisk together the egg yolks, water and mustard until smooth. While whisking, gradually pour the reserved bacon fat into the yolk mixture, whisking until fully emulsified. While continuing to whisk, slowly sprinkle in the xanthan gum. The gum will cause the sauce to thicken.

4. Mix in the 1/2 cup of bacon bits. Add the lemon juice, white wine vinegar and salt as needed to adjust the acidity and seasoning. Use the mayonnaise cold, but allow it to temper at

room temperature for 10 minutes before serving.

Fingerling Potato Salad

1. Place the potatoes and water in a quart-size zip-close bag. Without sealing the bag, submerge it in a bowl of water almost to the opening. The water will squeeze out most of the air. Seal the bag.

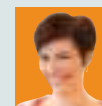
2. Microwave on high until the potatoes are tender, about 4 minutes in an 1,100-watt microwave. Use care when removing the bag from the oven; the steam released as you open the bag can cause burns. Remove the potatoes from the bag and set aside to cool.

3. In bowl, stir together the minced red onion, bacon mayonnaise and mustard. Once the potatoes have cooled, slice them into coins 1/2 to 1 inch thick. Stir the potatoes gently into the mayonnaise mixture until evenly coated. Season with salt, then garnish with crisp bacon bits. THE ASSOCI-

ATED PRESS/ W. WAYT GIBBS EDITOR-IN-CHIEF OF THE COOKING LAB, THE CULINARY RESEARCH TEAM LED BY NATHAN MYHRVOLD

Health Solutions

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NUTRI-BITES
Theresa Albert
DHN, RNCP
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Entertaining season is here and you are sure to have one vegan, two vegetarians, a few gluten-frees, a handful of no-carbs and perhaps a lactose-free or two over to mess with your menu.

How are you supposed to feed them all? Here's an appetizer cheat sheet that can be mixed and matched to serve every palate and pickiness.

The healthy and delicious process is simple: mix together equal parts mild mustard and yogurt (or vegan mayo) and store it in a squeeze bottle in the fridge up to two weeks. It is your "glue". Then choose one item from the savoury list as your

base, squeeze a drop of glue and top with one sweet item, et voila! It's a combo platter to suit each one of your fussy friends.

Smile pretty, now.

Savoury

- Cube of feta
- Cube of blue cheese
- Cube of cheddar
- Basil leaf
- Cube of cooked pancetta
- Zucchini Slice

Sweet

- Half a pitted date
- Pecan half
- Strawberry half
- Dollop of chutney
- Slice of apple
- Large caper or pickled onion

THERESA ALBERT
IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



This recipe serves 4 as a side. MATTHEW MEAD/ THE ASSOCIATED PRESS

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Reason number 308: I wouldn't let him ride the wiener dog

Reasons My Son is Crying. Humorous blog turned book has given self-deprecating parents everywhere a new outlook and some comic relief

ALISON BOWEN

Metro World News in New York City

Greg Pembroke's son was having a meltdown in a museum. Over cheese. A piece of cheese, torn down the middle.

"My oldest son just started to wail in the middle of this museum," he remembers. "I'm like, well this is so over the top. That stuff happens all the time when you've got a kid."

The Rochester, N.Y., dad of two snapped a pic of his son's tear-strewn face, posting it to Facebook in an album that

became a blog that spawned a book.

The creator of the Reasons My Son is Crying Tumblr blog, which recently went viral, is now penning the book. Parents from all over the world flooded him with submissions of their bawling babies, from New Jersey kids tumbling out of a hammock to a Chinese baby upset with his Superman outfit.

"It's really funny to have accidentally found something that everybody can relate to," Pembroke says.

Posting pics can be a parenting coping mechanism, he adds.

"It's easy to get bogged down and feeling upset about all the times your kid's crying, because it makes you feel like a failure," he explains. "Parents are wired to think that if your kids aren't happy all the time, that you're failing. It doesn't mean you're a bad parent just because you have to carry your kid screaming out of Disney World on your shoulder, crying the whole way.

Savour this time

"I know right now that I'm going to miss this (phase) when they're out of it, and I think it's a reminder to me to just kind of laugh about the insanity."

Greg Pembroke, blog creator and author of *Reasons Why My Son is Crying*

Which I did in May."

The 33-year-old dad told us about posting pictures as parenting therapy.

What was it like to have pictures of your kids go viral?

It was so crazy. After (it appeared on Reddit), it started to spread so quickly. ... It's a little weird because, it's easy to say this now, but we are pretty private. That week on the MSN homepage, there was a picture of LeBron James, Margaret

Thatcher and my one-year-old. It was absolutely surreal to see. It's a little overwhelming initially, but the feedback was so overwhelmingly positive. ... I think someone has visited my blog from every country in the world, except maybe North Korea. You can't win them all.

Why do you think this has struck such a chord?

In general, the people that get it are people that have normal, healthy toddlers; who have been around kids. This is a phase they go through. It's going to happen. ... Kids are going to cry. You can either pull your hair out, or you can say, "This is a little bit ridiculous."

How has this helped you in your own parenting?

It helps you see the humour side. This is a stage in childhood development. I know right now that I'm going to miss this when they're out of



Most parents will miss the crying phase their toddler goes through. iStock

it, and I think it's a reminder to me to just kind of laugh about the insanity. It's not always going to be this way. When they get older, they're

going to have problems that aren't always as easily laughed off, and I think then I'm going to be a bit nostalgic.

Poll: Women cheating more than ever before

Interesting statistic.

Wives cheating on their husbands up 40 per cent from 20 years ago but men still more likely to be stepping out

MARY ANN GEORGANTOPOULOS

Metro World News in New York City

There's a long way to go until women are equal to men, but in one aspect of life, we're catching up.

The percentage of women cheating on their husbands rose almost 40 per cent to 14.7 in the last 20 years, according to the latest data from the National Opinion Research Center's General Social Survey. The same survey suggests that the number of men admitting to extramarital affairs stayed the same at 21 per cent.

According to a sociologist at Auburn University at



It's the ladies' turn now. iStock

Montgomery, who reported the survey, the data reflects a number of trends, including social media making it easy to have affairs as well as women having less to lose economically from a divorce.

"Men are still more likely to cheat than women," said Yanyi Djamba, director of the AUM Center for Demo-

graphic Research. "But the gender gap is closing."

One in four men described their marriages as "not very happy," — twice as many as women — when giving an excuse for their extramarital affair.

Daniel Bergner, author of *What Do Women Want?* believes that cultural expectations have stopped women from having more affairs.

"Women are programmed to seek out one good man, and men never have been really well-suited to monogamy, right?" Bergner said. He also said that a women's sex drive has been repressed by thousands of years of male-dominated culture.

Bergner also argued that the gap might narrow even more as the nation's median age increases.

"Once you strip away the stigma from the equation, interest in casual sex is about equal for women and men," he said. "So we men may have a lot to worry about."

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Don't rely on an agent. Read your policy carefully to avoid being under or over-insured. ISTOCK IMAGES



YOUR MONEY
Alison Griffiths
money@metronews.ca

Are you covered? By insurance I mean. Recent floods in Alberta and greater Toronto and, of course, the tragic train derailment in Lac-Mégantic makes one wonder about protection from what life and nature throws at us.

It isn't exactly an exciting topic. As Woody Allen once said, "There are worse things in life than death. Have you ever spent an evening with an insurance salesman?"

Insurance policies are so utterly tedious with their teeny tiny print and labyrinth-like wording. Consumers rarely read or understand them thoroughly. And even if you do, who is going to remember whether you have sewage back-up protection years after taking out an initial policy? Or for that matter, who notices if coverage has been amended over the years, which frequently

happens?

The same is true of most manufacturer's warranties and extended coverage on purchases such as appliances. In fact, many people don't read the warranty before shelling out for (usually) unnecessary extended warranties.

I purchased a digital recorder this year and the salesman almost talked me into additional "bumper to bumper" insurance.

I read the manufacturer's warranty first and discovered that virtually everything offered by the extended warranty was already covered by the manufacturer. Had I read the document after buying extended coverage I would have been seriously annoyed.

This brings me to my new Frigidaire washer and dryer. The previous set, from the same manufacturer, lasted 20 years. I didn't read the new warranty, as the old duo had been such workhorses.

Rust has just appeared on the washer. Turns out that just about every peril is cov-

In storage

Insurance is not legally required for vehicles in storage. Comprehensive insurance covering fire and theft is optional.

ered, except for rust. In this case the extended warranty, which did cover rust, would have been a good idea.

When accidents, incidents or disasters occur there are always going to be surprises about the extent of insurance or warranties. Even more so these days as insurance pervades our lives, from credit card balance protection to automobile liability.

Avoid being under or over-insured by taking the time to read each policy both at initial application and renewal. Don't rely on what a salesperson or agent tells you. So much depends on it.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



Managing money from wedding bells and beyond

A wedding is a joyful life milestone, but for many it comes with a big price tag. The stress, not to mention the cost, of wedding planning can be a challenge. Successful couples need to discuss finances together.

Establishing good financial habits while planning for your wedding can start you down the path toward a successful financial future together.

"A wedding may be the biggest expense you've ever planned and saved for together. It's a great opportunity to start 'money talks' which should continue throughout your marriage," says Sandy Cimatori, president at TD Mutual Funds and Executive Sponsor of TD's Women Investor Program.

Cimatori shares three com-

mon mistakes couples make when it comes to managing money, and how to overcome them:

Failing to communicate.

Discuss how you'll pay for any wedding-related expenses — from the venue, to flowers, to cake, and everything in between. Beyond just your wedding, you should be open and willing to talk about money and learn about each other's financial history and views about money.

Not having a budget or financial plan

Many couples don't take the initiative, or wait too long to write down their short, medium and long term goals. Work together on your finances beyond the wedding day. Discuss and es-

tablish goals, keep track of your spending, and make the "money talk" an ongoing conversation.

Being on a different page when it comes to finances

You and your partner may have different attitudes about money; one person may be a saver, the other a spender. Acknowledge your differences and take advantage of each other's strengths to successfully manage your money as a couple.

"Open communication starting in the early stages of marriage — and even before — helps you stay on the same page about your combined financial goals and strategy," adds Cimatori.

NEWS CANADA

SALES REPRESENTATIVE

Who We Are: Metro is Canada's most-read national daily newspaper brand. Metro targets YAMs (youthful, active metropolitans) and reaches more than 1.6 million readers daily and 3.9 million over the course of a week. Metro launched in Canada in Toronto in 2000 and in the spring of 2012, we launched in 6 new cities. In short — we're still growing!

When you join Metro, you become part of a cross-country community. We strive to provide a culture that is engaging, flexible and creative; we value our employees and their feedback. Metro offers a comprehensive compensation and benefit package.

Metro Saskatoon is seeking an individual to achieve regional targets for print & online and other performance metrics by developing new business.

PRIMARY RESPONSIBILITIES:

- Manage and grow an assigned retail sales territory
- Design advertising programs to reflect the clients' objectives
- New Business Development
- Creatively negotiate rates
- Sell a portfolio of Metro branded products

REQUIREMENTS OF THE POSITION:

- Post secondary education in a related field
- 3 years experience in sales/media sales
- Proficient in Microsoft Office applications
- Creative, efficient, flexible & detail oriented
- Strong verbal and written communication skills
- Proven track record in profitable selling

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than July 31, 2013. PLEASE QUOTE: "Sales Representative - Saskatoon" in the subject line. All submissions will be treated as confidential.

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Kids conquer MLB's Midsummer Classic

They grow up so fast.
Harper, Machado and Trout headline baseball's all-star youth movement

Flip on any highlight show and you're almost sure to see them, with those peach-fuzz faces and boyish features beneath their big league caps.

Mike Trout makes a diving catch on the warning track.

Manny Machado whacks another double into the corner at Camden Yards.

Bryce Harper belts a tape-measure home run or barrels into a catcher ... or an outfield fence ... or whatever stands in his way.

The next generation of baseball stars are here and they're changing the complexion of the game.

"These guys are coming up now with incredible talent, these young players," National League manager Bruce Bochy said Monday at Citi Field, where the New York Mets are hosting the All-Star Game. "I think they are just getting better, faster, bigger, stronger still, and it's impressive to watch."

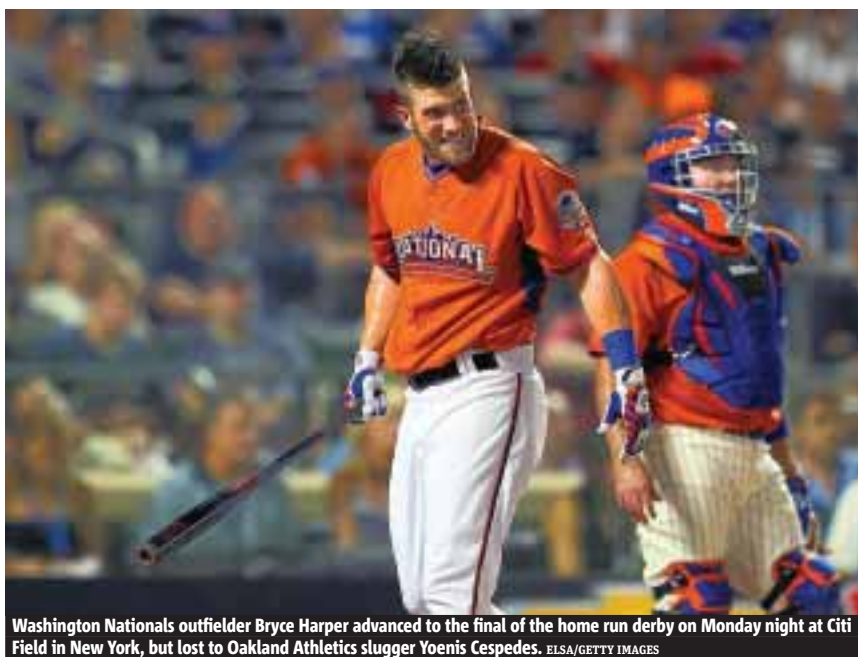
No kidding.

Trout and Harper, the Rook-

Changing of the guard

12

There are 12 all-stars this season 24 or younger, seven in the NL. That's the most since a dozen were selected in 1993, according to STATS — a group that included Ken Griffey Jr., Mike Piazza, Gary Sheffield, Mike Mussina and Juan Gonzalez.



Washington Nationals outfielder Bryce Harper advanced to the final of the home run derby on Monday night at Citi Field in New York, but lost to Oakland Athletics slugger Yoenis Cespedes. ELSA/GETTY IMAGES

ies of the Year last season, are making their second trip to the All-Star Game. This time, they will start Tuesday night after getting elected by fans.

Some of baseball's best players are among the youngest on the field. Night after night, they put up unprecedented numbers and turn in spectacular plays.

"It's good for the game," Trout said. "A lot of young guys are playing fearless and making a name for themselves at an early stage in their career."

Harper is 20, and Trout is all of 21. Barely old enough to vote, let alone buy a drink.

Machado has spent less

than a year in the majors, but that didn't stop him from earning his first all-star selection on his 21st birthday.

"In today's era, young dudes are getting better and more prepared to come up to the big leagues," said Orioles teammate Adam Jones, an all-star himself. "It's just an improvement in the game. These young dudes are phenoms, and he's put his name up there."

Machado was voted in by players, a significant sign of respect from his peers.

He certainly deserved it at the power-packed third-base position after hitting 39

Swinging like an all-star

Yoenis Cespedes won baseball's Home Run Derby Monday night, becoming the first player left out of the All-Star Game to take home the crown.

- The Oakland Athletics slugger beat Bryce Harper 9-8 in the final round Monday night at Citi Field.

doubles in the first half, threatening the single-season record of 67 set by Earl Webb in 1931.

THE ASSOCIATED PRESS

Welcome back to Russia

Kovalchuk signs with KHL team

Russian team SKA St. Petersburg says it has signed forward Ilya Kovalchuk to a four-year contract.

Last week, Kovalchuk walked away from \$77 million left on his 15-year contract with the New Jersey Devils.

SKA did not disclose the terms of the deal with Kovalchuk in its statement Monday.

Kovalchuk scored 417 goals and added 399 assists in 816 NHL games.

THE ASSOCIATED PRESS

No pity party here



"No one is going to feel sorry for you, the New Jersey Devils."

Devils head coach Pete DeBoer on Ilya Kovalchuk's decision to retire from the NHL and return to Russia.

Supplements seized

Italian police raid sprinters' rooms

Italian police raided the hotel where Jamaican sprinters Asafa Powell and Sherone Simpson and a Canadian trainer were staying Monday after the two athletes tested positive for banned stimulants.

Rooms of the athletes and physical trainer Christopher Xuereb were searched and drugs and muscle supplements were seized, Udine police captain Antonio Pisapia told The Associated Press.

THE ASSOCIATED PRESS

Roughriders QB Durant left on sidelines with injured foot

Saskatchewan Roughriders quarterback Darian Durant showed up to practice Monday with a walking boot on his sprained foot.

He wasn't able to practise with his teammates, but the 30-year-old hopes to get back on the field as soon as possible.

"Luckily we have a long week to give it some time to heal.... We'll see where we are in a couple of days," Durant told reporters after practice.

Durant left Thursday's 39-28 win over the Toronto Argonauts in the fourth quarter. An MRI revealed the sprain the next day.

Saskatchewan takes on the Hamilton Tiger-Cats in Regina on Sunday night. If Durant is unable to play, Drew Willy will start in his place.

Durant has passed for eight touchdowns so far this season, leading the Roughriders to a 3-0 start. THE CANADIAN PRESS



A trainer works on Darian Durant's injured right foot on Thursday night in Toronto. TOM SZCZERBOWSKI/GETTY IMAGES

Flory's season on the line

Montreal Alouettes offensive lineman Scott Flory is expected to miss an extended period of time after suffering a torn bicep.

- The 37-year-old Regina native, who has been with Montreal since 1999, will undergo an MRI on his left arm to determine whether he will miss the remainder of the season.

- Flory suffered the injury during Friday night's 22-14 loss to the Calgary Stampeders in Montreal.

Horoscopes

♈ Aries

March 21 - April 20

It's time to heal a rift with family members and get things back to how they used to be. The Sun in Cancer will make it easy for you to remind everyone that you are on the same side.

♉ Taurus

April 21 - May 21

By all means, speak your mind today but make sure what you say is backed up by the facts. If you play fast and loose with the truth now, you could regret it next weekend when Mercury turns direct again.

♊ Gemini

May 22 - June 21

You will be making some pretty big decisions over the next few days, so make sure you look confident even if you don't feel it inside. Others will take their cue from you.

♋ Cancer

June 22 - July 23

This is a time for action. Outstanding cosmic activity in your birth sign means you are ready to take on the world. The only thing that might hold you back is if you don't believe it.

♌ Leo

July 24 - Aug. 23

You seem to be looking over your shoulder a lot at the moment, but why? Be careful by all means today but don't let your fears get out of hand. Chances are there's no one out to do you harm.

♍ Virgo

Aug. 24 - Sept. 23

If you are involved in some kind of cause, others will rally round your flag. And if you're not, perhaps you should consider getting involved. Make the world a better place.

♎ Libra

Sept. 24 - Oct. 23

Don't worry that you don't have the expertise to do a particular job. Once you have started, you will quickly learn what needs to be done. Other people know what you are capable of, but do you?

♏ Scorpio

Oct. 24 - Nov. 22

If you would like to get away, if you would like to leave the daily grind behind you and go some place where the fun never stops, now is the time to pack your bags.

♐ Sagittarius

Nov. 23 - Dec. 21

Cosmic activity in the wealth area of your chart means you have no choice but to make changes that will affect how much you earn in the future. You should have started earlier, but better late than never.

♑ Capricorn

Dec. 22 - Jan. 20

The Sun in Cancer at this time of year means loved ones have a huge influence on how you think and feel. But just because they get emotional does not mean you have to get emotional too.

♒ Aquarius

Jan. 21 - Feb. 19

Plan what you have to do with as much care as possible. If you can do that then you will sail through the challenges of the next seven days. The big picture is important, but so are details.

♓ Pisces

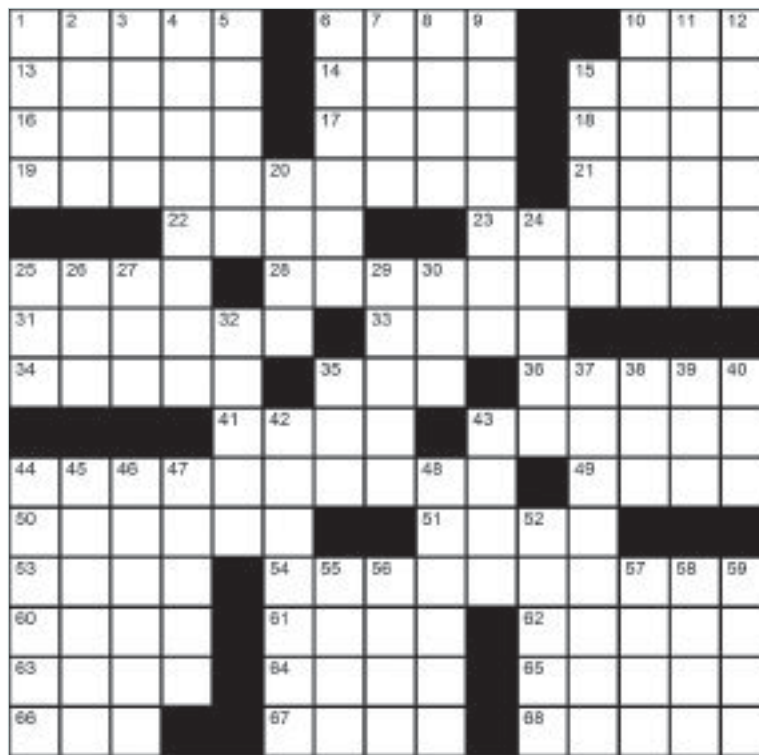
Feb. 20 - March 20

You can let the world in on the secret plans you've been making. Some will be happy, other will be dismayed but what matters is you're making things happen. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Ex-Pres. Bill Clinton's nickname
6. Entr'__ (Theatrical interlude)
10. Looney Tunes 'Devil', cutely
13. "It's ___ to you now."
14. Mr. Griffin
15. London, England's ___ Park
16. Summery drink
17. Eurythmics' "Would ___ to You?"
18. Take down ___ (Humble): 2 wds.
19. Prime Minister's country retreat, ___ Lake
21. 'T' in TV
22. Prefix with 'logical'
23. Neet user's temporary result: 2 wds.
25. Thunderstruck
28. Navigation instruments of yore
31. Profession
33. Bob Hope book, ___ Russia \$1200
34. Gawk
35. Fitting
36. Pacific ___
41. Party inviter's request [acronym]
43. Neat ___ (Tidy)
44. Blake Lively TV series: 2 wds.
49. Marcel Marceau's job title
50. "The Talented Mr. ___" (1999)
51. Each: 2 wds.



53. Mixed collection
54. Children's book by Mordecai Richler, Jacob Two-Two Meets the ___
60. Hue
61. Mythical Hun king
62. Ms. Carter of "Designing Women"

63. Pegs on the green
64. Warren Beatty/Diane Keaton movie
65. Mr. Estrada's
66. Alternatives
67. Dine-and-___
68. Machine button, perhaps
- Down**

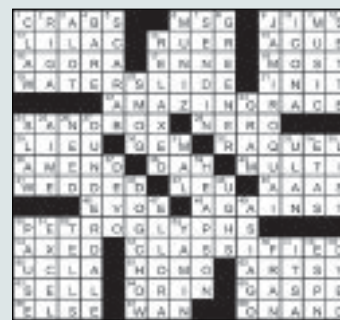
1. Shindig
2. Uma Thurman's character in "The Producers" (2005)
3. Brit-pop group
4. Certain commuter; or, The Guess Who song: 2 wds.
5. Greenfly, for one

6. Martin Short comedy, "Three ___!" (1986)
7. Gael, for one
8. Bee Gees, for one
9. Barry Manilow hit: 2 wds.
10. Rare blood, ___
11. Antarctica

- penguin
12. Canadian actor Kevin who played Damian Daalgard on #44-Across
15. Type of yoga
20. At hand
24. Margarines
25. House temp. coolers
26. Temple in Cambodia, Angkor ___
27. Time
29. Ms. Hedren, Melanie Griffith's actress mom
30. Decompose
32. Uncanny
35. Dow Jones Ind. ___
37. Ghost stories telling spot
38. Prefix to 'centre'
39. Purpose
40. Opposite SSW
42. 1996 Leslie Nielsen comedy: 2 wds.
43. Mont Blanc, par exemple
44. Cave
45. More greasy
46. Backs
47. Casino games
48. Salad ingredient
52. Stranger
55. Cup ___ (Hot drink, informally)
56. Alberta town
57. Foe of the Allies in World War II
58. Adidas competition
59. Liza Minnelli's ex-husband David

See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

2	7	4	9	6	3	8	1	5
5	3	9	8	1	4	2	7	6
1	6	6	2	5	7	4	3	9
4	5	8	3	7	1	6	9	2
7	2	1	5	9	6	3	8	4
6	9	3	4	8	2	1	5	7
8	6	5	1	2	9	7	4	3
3	1	2	7	4	6	9	6	8
9	4	7	6	3	8	5	2	1

	2		7		5		4	
9								7
		8		1		2		
	9	7		3		6	8	
	1			8			2	
	8	4		2		5	9	
		6		9		4		
8								5
	4		8		6		3	

Today

23°/12°
Mainly sunny

Wednesday

25°/15°
Partly cloudy

Know what the weather will be 14 days from now.
Check the 14 day trend.

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experience

downtown

JULY 18 10-9PM
JULY 19 10-6PM
JULY 20 10-5:30PM

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